

County of Los Angeles – Department of Mental Health
OFFICE OF THE MENTAL HEALTH COMMISSION

Thursday, May 27, 2010

~ **Approved Minutes** ~

**Please note the minutes are a brief summary and
not a word for word transcription of events at this meeting.**

Jerry Lubin Chair, Presiding

I. Call to Order – Jerry Lubin

The meeting was called to order.

II. Roll Call – Terry Lewis

Attendance recorded as follows:

- Absent Excused: Lana Brody, Arnold Gilberg, Greg Thompson, and Phillip Chen

III. Approval of Minutes – Jerry Lubin

ACTION TAKEN – April 28, 2010 minutes were unanimously approved by the Commission.

IV. Chair's Report

Nominations Committee – The Nominations Committee reported the following for fiscal year 2010-2011 Executive Office

Chair – Larry Gasco
Vice Chair – Helen Wolff
Secretary – Barry Perrou
Member-at-Large – Delores Huffman and Victoria Sofro
CALMHBC Representative – Frank Baron
Past Chair – Jerry Lubin

Commission Retreat

The Commission retreat details have been confirmed. The date is Saturday, June 12, 2010 and the location is the home of Victoria Sofro.

V. Commissioners' Reports

Delores Huffman submitted the following housing report:

MHSA Housing Program

Twenty-nine projects are actively participating in the Mental Health Services Act (MHSA) Housing Program application process. The status of each project as of May 21, 2010 is shown below:

Developing Service Plan for Public Posting and Comment Period

- Avalon II Family Apartments

Preparing Technical Submission

- New Genesis Apartments
- Swarthy World Society Apartments

Technical Submission under Review

- VOALA Navy Village for Families
- David & Margaret Home, Inc. – Hope Apartments

Invitation to Submit Full Application

- Parker Hotel
- Bobbie Owens Family Living Community

Application Submitted to the State Pending Approval

- Parkview on the Park Apartments
- Willis Avenue Apartments
- KIWA Apartments
- PWC Family Housing
- Osborne Place Apartments
- Figueroa Apartments
- 28th St. YMCA Residences
- Step Up on Vine (Galaxy Hotel)
- NoHo Senior Villas

Approved for Funding by the State

- Young Burlington
- Courtyards in Long Beach
- Glenoaks Gardens
- Progress Place I and II
- Nehemiah Court Apartments
- Villas at Gower
- Ford Apartments
- Caroline Severance Manor
- Daniel's Village
- Charles Cobb Apartments
- Epworth Apartments
- Horizon Apartments
- Menlo Family Housing

Open for Occupancy

- Daniel's Village
- Charles Cobb Apartments

Housing Trust Fund Program

Of the 12 Housing Trust Fund (HTF) Program awardees, eight housing projects are in operation as of May 21, 2010. Through the HTF Program, supportive services are being provided to approximately 200 tenants residing in permanent supportive housing. The provision of services assists formerly homeless tenants maintain their housing and pursue their recovery goals. Originally scheduled to open March 2010, the Bonnie Brae Apartments' opening has been delayed due to issues related to the project-based subsidies awarded through the Department of Housing and Urban Development. Construction has begun for Project Home, the Downtown Women's Center housing project. Project Home is scheduled to open in December 2010. The remaining projects, Glenoaks Gardens Apartments and Mini Twelve Step are slated to open in winter 2011.

Ongoing & Upcoming Activities

Housing Assistance Program

The Department provides financial resources for clients moving into housing from homelessness by paying the security deposit and purchasing the basic essentials to furnish their apartment. The funding sources include Projects for Assistance in Transition from Homelessness (PATH) and MHSA Client Supportive Services funds. During the period from July 1, 2009 through May 24, 2010, the Department assisted 461 clients with securing permanent housing:

- 212 clients and/or their families with the security deposit at the time of move-in;
- 175 clients and/or their families with purchasing household goods;
- 18 client with eviction prevention; and
- 56 clients with ongoing rental assistance.

Emergency Food and Shelter Program

Under the Emergency Food and Shelter Program (EFSP) the Department applied for \$80,000 in motel vouchers and \$80,000 in food vouchers for a total of \$160,000 but was approved to receive only \$62,000. Upon receipt of this award, these resources will be available countywide through our directly-operated clinics.

VI. Special Presentation – Dr. Maria Aranda, LCSW, USC School of Social Work

Depression in Latino Older Adults

Dr. Aranda's presentation focused largely on depression in the Latino older adult population and the results of mental health studies that prove older adults can be treated for chronic depression.

Dr. Aranda discussed the following facts and figures on depression worldwide and in the United States:

Worldwide

- Affects 121 million people worldwide
- Leading cause of disability
- Can be treated in primary care
- Less than 25% affected have access to effective treatment

United States

- Affects 17 million people of which 3 million are older adults (15-20%)
- Estimated economic burden is \$43-53 billion
- Older adults with depression are likely to pay two times more for health care

Dr. Aranda also reported population stats for older Latinos in the United States age 65+:

- 6.6% are Latinos
- Almost 3 million
- By 2050 20% of 65+ will reach 13.77 million
- LA County has 452,081 ages 60+ (28%)
- By 2040, 49% of County residents will be 60+

Dr. Aranda further reported the higher risk groups that suffer chronic or persistent episodes; Latinos, females, those with higher number of medical conditions, low English proficiency, low income, and low social support. The news is not so good for older Latino adults because Spanish speaking Latinos are low utilizers of specialty mental health treatments.

Depression is one of the most treatable mental health disorders and is considered a chronic care disorder. The mental health studies combine depression and caregiver services. After a 12-month follow up, patients were better off overall.

Dr. Aranda discussed the study's collaborative care components:

- Education and information
- Psychiatric consultation (depression care manager)
- Choice of treatment (meds and/or short-term psychotherapy)

VII. Departmental Report – Dr. Robin Kay, Chief Deputy Director

Dr. Kay reported the new strategic planning process initiated by the Department nine months ago is complete. The development involved a review of the last strategic plan to align major changes in behavioral health and recognize the health care reform impact.

Dr. Kay also reported 23 focus groups were held involving stakeholders to seek input on developing strategies and objectives. The following goals were selected to ensure that DMH achieves its vision, "Partnering with clients, families and communities to create hope, wellness and recovery."

Goal I – Enhance the quality and capacity, within available resources, of mental health services and supports in partnership with clients, family members, and communities to achieve hope, wellness, recovery and resiliency. (4 Strategies)

Goal II – Eliminate disparities in mental health services, especially those due to race, ethnicity and culture. (3 Strategies)

Goal II – Enhance the community's social and emotional well-being through collaborative partnerships. (6 Strategies)

Goal IV – Create and enhance a culturally diverse, client-and-family-driven, mental health workforce capable of meeting needs of our diverse communities. (4 Strategies)

Goal V – Maximize the fiscal strength of our mental health system. (5 Strategies)

Goal VI – Use research and technological advancements to improve and transform services and their delivery in order to enhance recovery and resiliency. (4 Strategies)

Legislative Report – Susan Rajlal, Legislative Analyst

Ms. Rajlal commented on the proposed cuts to public safety and the public mental health system, and how advocacy is important while we anticipate the Governor's May Revise. Thus far this week:

- Assembly rejected Governor's proposals to redirect realignment, eliminate CalWORKS and transfer of AB3632 to schools.
- Senate rejected Governor's proposals to redirect realignment
- Speaker of the Assembly and Assembly Budget Committee released a new plan to fund these critical services through securitization of the CRV Recycling Fund over 20 years and pay back with gas tax and oil severance taxes. This plan also postpones the corporate business tax reductions for 2-3 years, and will only take a majority to vote to pass.

VIII. Community and SAAC Reports - None

IX. Public Comments –

- **Niki Davis** – discussed the use of programs and media imagery created by clients of clinics.
- **William Legere** – announced Capital Action Day was May 26, 2010 in Sacramento, California.
- **Dennis E. Miller** – advocates for better health awareness and discussed how diet and vitamins play a part in prevention of depression.

X. Meeting Adjourned

XI. PLEASE NOTE NEXT MEETING LOCATION

**Thursday, June 24, 2010
Noon – 2:30 pm
500 W. Temple Street
Kenneth Hahn Hall of Administration - Room 739
Los Angeles, CA 90012**

Please contact the Commission office at (213) 738 4772 if you need more information

Submitted by Canetana Hurd